



Health & Wellbeing Policy



1. Devenish St. Mary's G.A.A. values the health and wellbeing of its members and recognises the role it can play in providing opportunities, information and education on a range of health and wellbeing issues.
2. The Club seeks to ensure that the environment, culture and ethos within which it runs its affairs is conducive to the continued good health and wellbeing of all its members.
3. It is the aim of the Club to use the skills and expertise of both its members and professionals within the community to best promote the health and wellbeing agenda.

Objectives

The Club aims to address the following health and wellbeing areas across a range of activities:

Tobacco, Alcohol and Drugs

1. The Club is Smoke Free.
2. All indoor and outdoor areas within the club are non-smoking zones. This includes the club pitches and the club stand.
3. There is appropriate signage around the club grounds and facilities to indicate Devenish St. Mary's G.A.A. is smoke free.
4. Managers, coaches, players and supporters are not permitted to smoke during training sessions or matches.
5. Club award ceremonies for U18s shall not be held where there is an open bar
6. U18s shall not be taken to pubs on the way home from matches or outings by any club manager or coach.
7. Jerseys for underage teams will not carry the sponsorship of alcohol or its proprietors.
8. The Club will not sell alcohol to anyone under the age of 18.
9. Family events will be alcohol free.

Nutrition

1. The Club encourages all players to have their own water bottle.
2. The Club encourages all players to bring healthy snacks to trainings and matches.
3. The Club operates a policy of no fizzy drinks, sweets, chocolate and crisps at training sessions.

4. The Club will provide information, talks and workshops as appropriate on diet and nutrition. This will be available and open to players, managers, coaches and members.
5. The Club displays healthy eating posters and leaflets around the facilities as appropriate.

Mental Health

1. The Club adheres to the GAA's Mental Health Charter.
2. The Club displays posters and makes available leaflets which raises awareness and offers support to those who may need it.
3. The Club fosters an inclusive environment by the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion.
4. The Club ensures all members sign up to a relevant code of conduct for acceptable behaviour.
5. The Club makes available playing or volunteering opportunities for all interested parties.
6. The Club has a Critical Incident Response Plan and knows the relevant services to which it can signpost members if required.
7. The Club makes available awareness and education talks and workshops as appropriate, to raise the importance of mental health.

Road Safety

1. The Club supports and promotes Ulster GAA's Live to Play campaign.

First Aid, Cardiac and Injury

1. The Club has a number of trained first-aiders among its coaches.
2. The Club has a defibrillator which is positioned on club grounds and has a designated number of trained users.
3. The Club defibrillator is checked for maintenance once a month. Batteries and pads are replaced when necessary.
4. The Club provides all team managers with a first aid kit for their training and matches.
5. The Club does not have a designated doctor but asks members to refer to their own doctor. The club uses The Physio Clinic, Belleek as first preference for physiotherapy.

Obesity, Heart Health, Diabetes

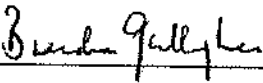
1. The perimeter of the pitch is lit during training sessions when required.
2. The Club runs an annual 10K and 5K charity fun run, walk and road race which encourages all ages to get active.
3. The Club provides information for members as appropriate on Healthy Living.

4. The Club uses the services of local doctors, nurses and health and wellbeing professionals to provide an annual club and community health and wellbeing event.

Cancer Prevention


1. The Club ensures that members are protected from passive smoking by being Smoke Free.
2. The Club encourages its members and players to wear sun-screen when playing in warm weather.

Signed



Secretary

Signed



Chairman